

# NEW LIGHT ON CANCER; ITS CAUSE AND CURE

BY  
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**T**HE CAUSE and cure of cancer is the most difficult and now the most urgent problem ever imposed upon the healing profession for solution. More than a dozen theories have been offered to explain its cause, yet it is admitted to-day by the highest authority that cancer is incurable; and though many cures have been proposed, the only hope is still the possibility of removing it by operation, which, however, often serves only to hasten the end.

Recent investigation into the effects, hitherto not fully recognized, of disorganized nutrition, resulting chiefly from complex diet and overeating, have led me to the conclusion that cancer is due to abnormal cell proliferation resulting from those causes and that, consequently, it can be cured by restoring normal nutrition—by a course of rigid dieting and by proper mental control in harmony therewith, the mental state now being understood to have a very important bearing upon physical conditions. Though this natural cure has the virtue of simplicity and entire freedom from risk, it is no less worthy of consideration than the now well established treatment of consumption by fresh air, scientific feeding, exercise and suggestion.

Plants and animals have an organized growth, each organ bearing a certain proportionate size and doing a certain work in the social group. At maturity growth ceases, but organic tissue continues to be renewed by new cells replacing the old. In cancer, there is a disorganization of this harmonious growth and renewal, which is dependent upon normal nutrition, this term including not only the appropriation of food, but the elaboration of tissue, the elimination of waste and the control of all the processes by mental states. A colony of stomach cells, for instance, is established on the liver, gradually encroaching upon that organ until it seriously interferes with its functions and poisons the blood by the secretion of abnormal poisonous matter. Such a renegade cell organization shows some capacity for the function of, in this case, the stomach, secreting a quasi-gastric fluid; but the cancer cell is irregular in growth, irregular in function, irregular in nutrition.

If the cancerous tumor be excised scattering cells may migrate and, establishing themselves elsewhere, grow more rapidly than before, or, some remaining in the same location, renew the growth—if indeed the growth is not too far developed when explored by the surgeon, to allow of removal.

What is the origin of this growth? Disorganization, surely; loss in some degree of the normal processes of nutrition. And careful inquiry into the nature of nutrition has shown that disorganization is induced by abnormal complexity of diet, the eating of many different foods at the same meal, each having its own requirement for elaboration into cell tissue; emphasized by excessive eating and abnormal mental states, especially after middle life, when the requirement for food is reduced without reduction in the supply, as is common in prosperous America, England, France and Germany, more particularly, where cancer is very common and increasing among the well-to-do.

Statistics show that one of every eight women above the age of 35, and one of every 14 men, in America, die of cancer; and these not, as in the case of tuberculosis, chiefly from the lower classes, but of the flower of the race; not so largely from the slum districts of New York, where consumption reaps its largest harvest, as from Fifth Avenue and Brooklyn. No class is immune from cancer, but its largest roll of victims is made up from our most intelligent and highly cultivated men and women, from refined society women and the most valued professional and business men. Recently an eminent surgeon, Dr. William T. Bull of New York, himself a specialist in the removal of cancerous



**EDWARD H. HARRIMAN**

tumors, was taken; also Father Gorman, the Irish-American orator priest. Edward H. Harriman has been cut off in his prime, and the loss of one of the nation's presidents from this cause comes to mind. In view of these facts it may be said that cancer is the direst blight of humanity and every man prospect of the discovery of its real nature, its cause, and consequently its cure, is profoundly alluring.

The late eminent Dr. Nicholas Senn twice circled the globe on this great quest—a search far more important than for the location of the north pole. After visiting all classes of mankind, from the Greenlanders, subsisting on blubber, to the lowest tribes in Africa, he could only say that cancer is a disease of over-indulgence.

In recent years gratifying progress has been made in determining the nature of cancer by means of experiments on animals.

The facts thus obtained have thrown much light upon its development, but thus far no conclusion has been arrived at as to its true nature, the means by which it may be prevented and the specific cure.

The true theory of the cause of cancer and its cure must be found by reasoning from the data furnished by those experiments conducted on both sides of the Atlantic, all of which are at the command of independent investigators, together with the statistics of deaths from cancer recorded in this country and in Europe.

It has often been pointed out that cancer is rare in those countries in which the consumption of meat is lowest—India, China, Arabia, Italy, Greece—and highest in those in which flesh food is most used—England, America, France and Germany—and the conclusion, has been drawn that flesh eating is the cause of cancer. This is at least a remarkable coincidence



**DR. WILLIAM T. BULL**

dence and must have some bearing upon the solution of the problem. But the true theory must explain all the facts; and the theory that meat causes cancer does not explain the well-established fact that in all those countries of Europe in which the consumption of beer is high mortality from cancer is high, and in all those in which the consumption of beer is low mortality from cancer is low, unless the people who eat most meat consume most beer, which is true so far as England, Germany and America are concerned, but is not true of Greenland, in which meat consumption is very high, beer consumption is very low, and mortality from cancer very low; nor does it apply to semi-cannibal tribes, in which meat consumption is high, beer unknown, and cancer unknown, according to Dr. Senn.

Pawlow, a Russian chemist, has shown that for each particular food a particular digestive fluid is secreted. The system must adapt itself to the assimilation of each particular food, and it is reasonable to assume that complexity in the food, extreme variety, as we have it in England and America particularly, would tend to the disorganization of normal cell growth, which is cancer. A great variety in food must interfere with normal metabolism; cells having a preference, for instance, for animal food, might proliferate in a manner different from those selecting vegetable food.

All the facts, all the statistics, support this theory and indicate the natural means of immunity, and the natural cure when the disease has been contracted.

Cancer rarely occurs before mature life, the most susceptible period being the age of 40 to 55. During the period of growth, when albumen, from which cells are formed, is needed in large proportion, and when waste and repair are more active, cancer is rare, but when the supply of albumen is excessive, and the diet in general complicated, as it is with the wealthier classes in northern Europe and

America, the tendency to abnormal proliferation is great, especially if the exercise is not sufficient to maintain normal katabolism, or breaking down and renewal of cells, so as to provide a normal use for the elaborated cell material.

Why, it will naturally be asked, are women more subject to cancer than are men? Woman is more delicately constituted and under the same conditions is more easily disorganized. The fact that those organisms are more frequently the location of cancerous tumors which are subject to periodical growth, whose growth is variable and therefore more easily disorganized, when the conditions are favorable to cancer, harmonizes with the general principle of causation.

Prof. Metchnikoff arrived at the conclusion that auto-intoxication, self-poisoning by the absorption of the waste products of superfluous foods, is the chief cause of physical decay, a theory presented before, but the remedy for which he found in buttermilk, which prevents the development of certain pathogenic germs in the colon. A close relation exists between auto-intoxication and cancer, and it can be readily shown that as each food requires special adaptation for its digestion, so the waste of each food requires special adaptation for elimination, and that the natural preventive of auto-intoxication is the simplification of food.

The statistics on cancer, which have been published for half a century in England and America, are elaborate beyond the requirements of any systematic investigation, and the many thousands of catalogued experiments made upon animals leave nothing to be done that can throw further light upon the problem.

LeBlanc, an eminent Parisian veterinary authority on cancer, says that the dog, cat and pig are the animals most subject to cancer, that the chances of recovery are slight when the knife and cauterization are used, and that carnivorous animals will be much more likely to recover if kept on a strict vegetable diet. These animals vary most in domestication from their natural diet. I think their chances would be better on a purely meat diet. The important point is that the diet should not be mixed. It is interesting in this connection to note that Dr. Salisbury, originator of "the meat cure," held that an exclusive diet of meat, little cooked, would cure cancer. It doubtless would if the patient would not die from resulting auto-intoxication. An ardent follower of Dr. Salisbury says: "Cancers are curable, but they require such close attention, such careful watching that the patient would have to be under the daily and most vigilant care of one that has had experience in handling the disease. There are so many little things to do in keeping the moral, mental, psychic, and physical condition all in perfect balance, that the sufferer cannot go on successfully alone, as he very often can, if he will, in other illnesses. The diet has to be most rigid."

I am fully in accord with the statement above, especially as to the necessity of rigid diet and the importance of the mental condition, and while opposing the meat diet as a cure for cancer, I am glad to acknowledge that Dr. Salisbury has shown the absurdity of the claim that there is any virtue in vegetarianism, per se.

Dr. W. Roger Williams says in the "Twentieth Century Practice of Medicine":—"Of 194 cancer patients, 99 had been moderate, 78 small, and 16 large meat eaters—not a single vegetarian and only a few great eaters of vegetables." It does not follow that meat causes cancer, as many suppose. Probably the 99 moderate meat eaters indulged in greater variety than the 78 small meat eaters.

Davidson, in his "Geographical Pathology," says that cancer is entirely absent in Central Africa, Gold Coast, New Caledonia, Persia, Jamaica, Guinea and among other primitive tribes which are either cannibal or are VERY SIMPLE IN THEIR DIET." This refutes alike the meat and the vegetable theory and confirms the "nutriopathetic" theory.

Dr. J. H. Kellogg holds that cancer is due to eating meat. "It has long been recognized," he says, "that cancer seldom appears in persons who abstain from flesh. It is very rare among the vegetarian natives of India. A physician who practiced for many years among the natives of Tierras Calientes, New Mexico, who subsist almost wholly upon tropical fruits and other vegetables, says he never saw a case of cancer among these people."

This is no doubt true, but it is equally true that the natives of Greenland and cannibals generally are practically immune from cancer, according to Dr. Senn, but not because they abstain from vegetables.

There is a persistent popular belief, in this country and in England, that tomatoes cause cancer. Tomatoes cause cancer only in the same sense in which beans or meat cause it. Vegetarians are less liable than meat eaters.

Evidently not any one food, but excessive and indiscriminate mixing, together with abnormal mental states is the general cause. And the remedy is clearly indicated, though requiring skill in its application; a gradual restoration of normal nutrition through the application of the principle of the monodiet, in harmony with normal mental conditions.

Since this article was put in type, Dr. Bashford, of the Cancer Research Institute, London, has given the results of his recent investigations into the cause of cancer. He says it is not hereditary; this is favorable to the "nutriopathetic" theory. His reported statement that men are more liable than women, is, I think, erroneous. His discovery that the trout is especially liable, among fish, also supports my theory. I have investigated the habits of trout and find that, according to the nutriopathetic theory it should be the most susceptible of fish. The New International Cyclopaedia says: "They are all (varieties of trout) voracious and more or less gamy. Their food consists of any sort of fresh animal matter."

## WOMEN ARE HORRIFIED BY VISION OF SNAKES!

**SAN FRANCISCO MATRONS MUCH  
ALARMED BY STORIES OF  
BOA CONSTRICTOR.**

San Francisco.—Boa constrictors, water snakes, gopher snakes, black snakes, rattlesnakes, garter snakes and a dozen other varieties of the reptile family have been seen in and about Parnassus Heights recently, if the hysterical stories related by saner-eyed citizens of that section are to be believed.

Rumor has it that a king cobra was killed at the end of Stanyan street, and, further, that a rock python, measuring from four to 29 feet in length, gave battle to an army of residents in Woodland avenue and escaped into Suto forest after having hugged three men. The python was said to be a female.

Patient investigation, however, discloses that the rumors are somewhat exaggerated, but that, like many rumors, they have a foundation in truth.



**Gave Battle to an Army of Residents.**

A rattler, carrying ten rattles and a button, was killed in Suto forest by John Pedlana, after it had almost frightened Mrs. L. T. Craz and her daughter, who reside in Belmont avenue, into hysterics.

Also two big blacksnakes, of a variety unknown to the sober citizens of the district, have been encountered and overcome in Stanyan street. Each measured more than six feet in length, as likewise can be proven by communicating with Al Guyton, a carpenter, who has earned the title, among residents of Parnassus Heights, of "the snake charmer." Guyton killed one of the reptiles, and "Snakes" Miller, a plasterer, captured and imprisoned the other.

Now, these three serpents were all subdued within an area of less than 600 square feet and near the residence of Dr. O. C. Joslen in Woodland avenue. The doctor's neighbors say that the monsters escaped from captivity in his back yard, where they were being held prisoners, but this the medical man stoutly denies. His wife insists that the last of their pets died a year ago, and the doctor declares they passed away some four months ago. Both insist that no snakes ever escaped from them, but that all were gathered in by the grim reaper.

However, the snakes have been encountered and slaughtered amid considerable hysteria among the women citizens, and not a few quakings among the men.

D. L. Westover, owner of a house now in process of repair at 1161 Stanyan street, rewarded "Snakes" Miller, a plasterer employed on the building, with \$1 for killing the six-foot black-snake found in the front yard.

## SAVED BY HER STEEL "RATS"

**Blows of Highwaymen Rained Upon  
Woman's Head Rebound from  
Hair Upholstery.**

Chicago.—Although saved from death by steel "rats" in her hair while fighting two footpads who robbed her of diamonds and jewelry valued at \$1,500, Mrs. Mabel Moore of California avenue was under the care of a physician for several days. She was beaten severely.

The robbery occurred in front of Mrs. Moore's home. Leaping from behind a clump of bushes, the two men thrust revolvers against Mrs. Moore's head.

"Drop that sachel or we'll kill you," said one of the footpads, pressing the muzzle of his revolver against her forehead.

Mrs. Moore sprang aside, knocked the revolver away and tried to run up the stairway of her home. The next moment she was seized. The robbers beat her on the head with their weapons until she sank unconscious on the stairs. Then they took the chateleine bag off her wrist and fled.

That the woman's skull was not fractured by the robbers' blows, the police say, was due to the "rats" she wore in her hair.

## Obedying the Law.

It was Sunday morning at the Jack Straw's castle, and the weather-beaten caddy, with a dusty night lot from Camberwell, asked:

"Can I get a drink for my horse, mister?"

"Yes—provided he's over 16," answered rare old Jem Clark, absent-mindedly.—Sporting Times.